

**Self-awareness among Nursing Students
Dealing with Psychiatric Patients**

Thesis

Submitted for Partial Fulfillment of the Requirement of
Master Degree in Psychiatric Health Nursing

By

Amal Mohammed Osama Abd el-moez
(BSc. of Nursing Science)

**Faculty of Nursing
Ain Shams University
2019**

Self-awareness among Nursing Students Dealing with Psychiatric Patients

Thesis

Submitted for Partial Fulfillment of the Requirement of
Master Degree in Psychiatric Mental Health Nursing

Supervisors

Prof. Dr. Omayma Abu Bakr Osman

Professor and Head Department of Psychiatric Mental
Health Nursing
Faculty of Nursing - Ain Shams University

Prof. Dr. Galila Shawky EL-Ganzory

Professor of Psychiatric Mental Health Nursing
Faculty of Nursing - Ain Shams University

**Faculty of Nursing
Ain Shams University
2019**



Acknowledgement

First and foremost I am grateful to Allah for giving me the power to complete this study.

Words can never express my deepest gratitude and thanks to Prof. Dr. Omayma Abu Bakr Osman, Professor and Head of Department of Psychiatric Mental Health Nursing, Faculty of Nursing, Ain Sham University for all support and guidance during this work. Her close supervision, critical comments and careful revision of the work helped much in its achievement.

Also, I would like to address my thanks to Prof. Dr. Galila Shawky EL-Ganzory, Professor of Psychiatric Mental Health Nursing, Faculty of Nursing Ain Sham University, for her continuing help and support.

I would like to address my great thanks to all students who participated in this study.

Finally my deep thanks to my family especially my dear father for supporting me step by step till fulfills this work and throughout my life.

Amal Mohammed Osama Abd el-moez



List of Content

Title	Page
▪ Introduction	1
▪ Aim of the Study	4
▪ Review of Literature	5
- Self concept	5
- Development of self-concept	6
- Self-awareness	10
- Elements of self-awareness	12
- Self-awareness and Johari windows	13
- Self-awareness among nursing students	16
- The importance of self-awareness in psychiatric nursing	17
- How to develop self-awareness among nursing students	29
- Concept of self- esteem	33
- Different aspects for a healthy self-esteem	37
- Components of self-esteem	39
- Importance of self-esteem in psychiatric nursing	40
- Self-esteem impact on self-awareness	41
▪ Subjects and methods	43
▪ Results	50
▪ Discussion	73
▪ Conclusion	89
▪ Recommendations	90
▪ Summary	91
▪ References	98
▪ Appendices	
▪ Arabic Summary	

List of Tables

Table	Title	Page
1.	Percentage distribution of socio-demographic characteristics of secondary nursing students.	51
2.	Distribution of self-awareness among nursing students.	53
3.	Total score distribution of self-awareness levels among studied sample regarding their sub-dimension among studied sample.	55
4.	Distribution of self-esteem among nursing students.	57
5.	Total score distribution of self-esteem levels among studied sample.	59
6.	Relation between secondary nursing student's self-awareness regarding "public self-level" and their socio-demographic characteristics	61
7.	Relation between study subjects' self-awareness regarding social "self-level" and their socio-demographic characteristics	63

Table	Title	Page
8.	Relation between studied sample's self-awareness regarding parents and home levels and their socio- demographic characteristics	65
9.	Relation between study subjects' self-awareness regarding "training area level" and their socio- demographic characteristics	66
10.	Relation between study subjects' self-awareness levels and their socio-demographic characteristics	67
11.	Relation between study subjects' self-esteem levels and their socio-demographic characteristics	69
12.	Correlation between study subjects' self-awareness and their self-esteem	71
13.	Relation between study subjects' self-awareness levels and their nursing methodology estimates	72

List of Figures

Figure	Title	Page
1.	An internal mode which comprises self-awareness	10
2.	Johari window	13
3.	Total score distribution of self-awareness levels regarding public self, social self, of parents and home, of training area among secondary nursing students.	56
4.	Distribution of total score regarding self-esteem levels among studied sample	60

List of Abbreviations

Abbr.	Meaning
PMHNPs	Psychiatric Mental Health Nurse Practitioners.
SD	Standard Deviation.

Abstract

Aim: this study aimed to assess self-awareness among nursing students dealing with psychiatric patients. **Design:** a descriptive exploratory design was utilized in this study. **Setting:** This study was conducted at Abbassia psychiatric hospital which contains two secondary nursing schools, one for males and another for female (both of them affiliated to Abbassia psychiatric hospital). **Sampling:** A convenience sample of 100 students. **Tools:** Interview questionnaire sheet used to assess student's socio-demographic characteristics, Cooper-smith self-awareness scale used to assess self-awareness level and Rosenberg self-esteem scale to assess nursing student's self-esteem level. **Results:** It illustrated that more than half of the study sample had a low level of self-awareness. Close to half of the students had low and medium level of self-esteem respectively; there was highly significant correlation between students' self-awareness and their self-esteem. **Conclusion:** according to this study the majority of students had low self-awareness and more than two thirds of students had low and medium self-esteem respectively. **Recommendations:** There must be training courses for nursing students who deal with psychiatric patients to develop their self-awareness and how to use self as a therapeutic method in their relationship with patients.

Key words: Self-Awareness, Nursing Students, Self-Esteem, Psychiatric Patient

Introduction

Self-awareness is an active process of learning about the components of the self. The initial step to growing caring is self-awareness, which is defined as being aware of one's presence of mental capacity. Self-awareness also helps one's ability to restore mental stability. A better understanding of the self can enhance one's growth and enables the nurse to establish a caring relationship with patients in an honest, genuine, and respectful manner (*Sitzman & Watson, 2014*).

Also, self-awareness is important in psychiatric-mental health nursing. As nursing students and nursing staff have values, ideas and beliefs that are unique and different from others. At time, a nurse's values and beliefs will conflict with the client's beliefs, values & behavior (*Donker, 2013*).

The level of self-awareness among nursing students enables them to see where their thoughts and emotions take them. Thus, an assessment of self-awareness among nursing students is required, which will help in making the desired changes in the thoughts and interpretations they

make in themselves and from now on in their conduct (*Shiela, Malathy&Premila, 2013*).

Psychiatric disorders have special communication and relationship needs that require advanced therapeutic communication skills. In mental and psychiatric health nursing; the nurse-client relationship is an important intervention tool that is used to reach treatment goals (*Kim and Patterson, 2016*).

While nursing students beginning their clinical experience in psychiatric mental health nursing starting their role in order to be completely different from any past experience. Subsequently, they frequently have a variety of concerns; these concerns are normal and usually don't persist once the students have starting contacts with patients (*Videbeck, 2011*).

It is clarified by (*Zoschke, 2011*) who explained that; awareness , vigilance and alertness in gathering information is an important in enhancing nurse-patient relationship. Nurses in good relationships are constantly aware of the health of the relationship, monitoring their interactions and making corrections or adjustments that keep the relationship healthy and strong.

Significance of the study:

It is really important for nursing students to understand the components of self. So, students should learn how to react and manage different situations rather than avoiding them. Also, self-awareness is important for personal growth; it helps nurses to manage self and to improve performance. So; self-esteem in nursing is a fundamental part of personal and professional identity. The process of becoming a nurse as an integral part of the formation of self-esteem, whereby the knowledge, attitudes, values and skills which are characteristic of nursing are gradually assimilated. As nursing students today are the nucleus of professional nurses of tomorrow, so, it is crucial for nursing students to be individuals with high self-esteem in order to ensure competent and safe practice .It further helps in setting appropriate and realistic goals, and career and manage personal life stressors. As, being a nurse means caring for patients from different sociocultural backgrounds and different values. In this way, nurse need to accept herself to know how accept others (*Eckroth & Bucher, 2010*).

Aim of the Study

The study aimed to assess self-awareness among nursing students dealing with psychiatric patients.

Research questions:

- What are the levels of self-awareness and self-esteem among secondary nursing students dealing with psychiatric patients?
- Is there a relation between self-awareness level and self-esteem level among secondary nursing students dealing with psychiatric patients?
- What is the relation between self-awareness and psychiatric nursing curriculum?
- What is the relation between self-awareness and socio-demographic data?
- What is the relation between self-esteem and socio-demographic data?

Review of Literature

Self Concept:

Self-concept is what a person believes about himself or herself at a given time. Self-concept can be reflected in answers to such questions as, which person is? What he is? Within this view, a person is able to identify definite personality traits, social roles and physical characteristics, such as shyness, motherhood or fatherhood and body image (*Rogers, 2013*).

When self-concept is threatened or disrupted, the response is anxiety or defensive behavior, including social withdrawal, outward aggression and anger, or assertiveness. If defenses fail, stress increases and the person may experience personality disorganization, a loss of control and a sense of powerlessness and helplessness (*Sutton, 2016*).

According to (*Sadock & Kaplan, 2013*) who explained the self as a process involving people's internal conversations.

Those with a more positive and quantitative orientation emphasize more stable aspects of the self. From their point

of view, the self-concept refers to all the ways in which people describe themselves (*Choi and Ferro, 2018*).

Development of self-concept:

The development of self-concept starts from birth; this first evidenced through the emotional attachment of the child and the mother. at first one's self-concept is very general and changeable as person grow older these self-perceptions become much more organized, detailed and specific (*Forchuck, 2012*).

It has been conceptualized that self- concept is developed primarily through communication with others. Because humans are social, human develop an understanding of the self as a result of relationships with each other's. The development of self- awareness requires a willingness to be introspective, and to examine personal beliefs, attitudes, and motivations (*Stuart, 2014*).

Adding to that, the development of self is the most important result of the Socialization process. It has already been seen how person perception arises in the second half of the first year. The infant is able to perceive other persons and gradually learns to differentiate the familiar persons